

Customized for each Patient

In the Body Rev Program, there are no cookie-cutter plans given to a patient. Each patient is an individual with specific health needs. Each patient's tests, health history, and current symptoms are looked at individually and then detailed recommendations are offered. No two patients are exactly alike!

Who can do the Body Rev Program?

Just about anyone who wants to feel better and achieve a higher level of health can do this detoxification and rebuilding program! The doctor will meet with you after the test results come in to discuss his/her recommendations for you. Some of the health conditions that Body Rev Program patients have had are fibromyalgia, fertility problems, fatigue syndromes, autoimmune diseases, inflammatory disorders, mood and behavior disorders, memory problems, heart disease, diabetes, dementia, hormonal imbalances, thyroid problems, acid reflux, heavy metal toxicity, and digestive disorders.

The Question

If you continue following the same diet/lifestyle you have been following, will the results really change? Albert Einstein once said, *"The definition of insanity is doing the same thing over and over again and expecting different results."* Achieving the health you desire requires taking a new path to reach your destination of optimal health. Get "revved" up for a new, healthier you!



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Not very energetic?

It's time for

**Body
REV**



SICK & TIRED

of being

SICK & TIRED



Body REVITALIZATION PROGRAM

A Functional Detoxification and Rebuilding Program

The Problem

Do you often feel fatigued? Do you get sick frequently? Perhaps you have experienced being examined by your doctor, having blood tests done, x-rays or other diagnostic tests taken, only for your doctor to report back that all your tests are normal. Yet you know that something is wrong!

Unfortunately this experience is all too common. Most physicians are trained to look only in specific places for the answers, using the same familiar labs or diagnostic tests. Many causes of illness cannot be found in these places. The usual tests do not look for food allergies, hidden infections, environmental toxins, mold exposures, nutritional deficiencies, hormonal imbalances, and metabolic imbalances. You know you just don't feel 100%, but what can you do about it? How can you achieve better health?

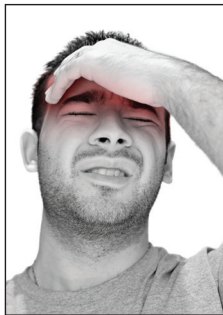
Health is "... a condition of wholeness to which all of the organs are functioning 100% of the time." (Webster's Dictionary) Some of the hindrances to your organs functioning their best 100% of the time are toxins and nutritional deficiencies.

Toxicity

- ▶ Metals
- ▶ Nutritional
- ▶ Cosmetics
- ▶ Pollution

Nutritional Deficiencies

- ▶ Minerals
- ▶ Hormonal
- ▶ Nutrients



The Tools

The tools we use at our office to evaluate and assist you in your specific health situation include:

1. A Comprehensive Health Evaluation
2. Laboratory Testing
3. Customized and Detailed Nutrition Plans
4. Whole Food Supplements and Herbs



The Testing

With the Body Rev Program, we don't guess ... we test. You may receive testing such as hair analysis, saliva analysis, blood spot tests, stool analysis, and urine analysis through our office or another lab. During your consultation, the doctor will determine which tests are needed and then our office staff can review the testing recommendations, the instructions (e.g. fasting or non-fasting, etc.) and costs. Most tests can be collected at home or another lab with test kits to collect urine, saliva, or stool. Others can be done right at our office through a blood spot test prick or a hair sample collection.

Diagnostic tests are crucial in evaluating your individual condition and health needs. Some of the specific tests that you may receive from our office include:

- Neurotransmitter Analysis
- Adrenal Stress Index
- Male Hormones Panel
- Female Hormone Panel
- Gastrointestinal Health Panel
- Urine Toxic & Essential Elements
- IgG4 Food Antibodies
- Fatty Acid Blood Spot Profile
- Advanced Thyroid panel

The Nutrition Plans

We offer food guides to help make your customized plan easier. You will enjoy eating healthy!

These food plans provide not only detailed nutrition information, but also include healthy recipes, lifestyle tips, what to avoid, and more.

The Supplements & Herbs

Given the proper nutrition, your body has the amazing capability of healing and rebuilding itself. We believe that nutrition should be individualized to meet each patient's needs as each person's health situation is different.

We work with a number of high quality companies to provide patients with only the best organic, whole food supplements, herbs, oils, etc. Because we offer hundreds of specific supplements and herbs (most available exclusively through qualified health care professionals like those at our office), we can customize a patient's supplementation for a wide variety of health issues.

“ We don't guess ... we test! ”

